

Teacher Information – The Gym Bus

Achievement programme levels (8 week programme)

On the first lesson students are assessed and placed into ability groups (level one - six)

To be promoted to the next level students need to achieve 6 goals and the cardio challenge for their current level.

Level One

- 1) Beam walk and straight jump to land
- 2) Beat board jump and land (correctly)
- 3) Marching on hands in front support
- 4) Forward and backwards rocking to stand
- 5) Mini tramp straight jump to land (correctly)
- 6) Front support on bar and floor
- 7) Basic shapes – sit in tuck, pike and straddle and stand straight and star

Cardio challenge: 30 x step-ups.

Level Two

- 1) Forward roll to stand – down a slope
- 2) Bunny hops x 5
- 3) Beat board star jump to land correctly
- 4) Mini tramp tuck jump to land correctly
- 5) Beam or bench walk backwards pivot turn to front and star jump off
- 6) Bar hand for 5 secs – tuck hang for 5 secs
- 7) Ball bounce x 6 (each hand)

Cardio challenge: star jumps for 45secs

Level Three

- 1) Forward roll to stand
- 2) Backwards roll down an incline to stand
- 3) Bench, run, beat board jump to land correctly
- 4) Bench, run, mini tramp star jump to land correctly
- 5) Beam walk forwards on toes to $\frac{1}{2}$ way pivot turn, walk backwards to end, $\frac{1}{4}$ turn to side and jump off (free choice of jump)
- 6) Bar – running glide and swing
- 7) Rope: skip/wrap combination (KGF 2.12)

Cardio challenge: skip forward x 10 – skip with jump in the middle x 10

Level Four

- 1) Mini cartwheel or cartwheel over bench
- 2) Lunge, lever (handstand preparation)
- 3) Beat board – run, jump and land
- 4) Mini tramp – from a short run – jump and land
- 5) Beam passes (KGF card 4.7)
- 6) Swing – extend return to box top
- 7) Partner balances (KGF card 41)

Cardio challenge: Jog one length of the hall then sprint one length (for 1 min)

Level Five

- 1) Cartwheel
- 2) Handstand – with or without a support (2 sec hold)
- 3) Jump on jump off (vault)
- 4) Jump to front support, 3 x casts, roll forward lower legs slowly to floor.
- 5) Beam: Jump to front support, leg over to straddle sit, swing legs through to stand. Dips to ½ way, jump change feet; releve walks to end, then straddle or star jump off.
- 6) Swings with hand hop x 5
- 7) Rope cross over skipping or hoop 6.11 (KGF)

Cardio challenge: circuit: run cone-to-cone and back x 3. Cone 1: 10 x star jumps, cone 2: 10 x burpees

Level Six

- 1) Jump on star jump off or straddle on jump off (vault)
- 2) Circle up to front support, 3 x casts, cast off to land
- 3) Beam sequence: 2 x length of beam
 - Balance
 - Hop or skip or leap
 - Mount
 - Dismount
 - Change of level
- 4) Floor: make up a routine 2 x length of mat
 - Cartwheel
 - Handstand
 - Round off
 - Flexibility
 - Leap
 - Balance
- 5) Group balances – 3 x person balances
- 6) Rhythmic: challenge

Cardio challenge: shuttle runs x 20